

# Free Services

# Caring Network



Jan  
thru  
June  
2023



# MAMA ACADEMY

Birthing, Baby Care,  
and Breastfeeding


All classes are free to attend and available to any woman who is pregnant or parenting a child up to one year old.

Classes will be held both virtually and in person (see dates on reverse side).

Call us at 269-910-3015  
or email us at [juliedavis@ccdok.org](mailto:juliedavis@ccdok.org)  
to register or learn more!

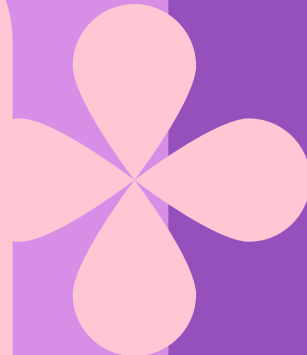
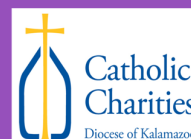
Caring Network serves pregnant women and families of all ages, backgrounds, and faiths. We help anyone who needs support in making life-affirming decisions. We will work with you to build and sustain strong and healthy moms, babies, families, and communities.

**REGISTRATION IS REQUIRED  
TO ATTEND CLASSES**

 269-381-1234

 [info@ccdok.org](mailto:info@ccdok.org)

 [www.ccdok.org](http://www.ccdok.org)



Participants can access free material support to meet their family's needs -- diapers, baby food, clothing, and more.



# Childbirth Basics

This free four (4) week class series is designed for mothers of all ages. The class will help you understand pregnancy and prepare for birth and beyond. Participants learn about body changes, childbirth, coping options for labor, and postpartum recovery. Feel free to include a support person.

### VIRTUAL CLASSES:

- Thurs - Jan 5, 12, 19, 26 from 10:30a-1:00p
- Tues - Jan 10, 17, 24, 31 from 6:30p-9:00p
- Tues - Feb 7, 14, 21, 28 from 3:30p-6:00p
- Wed - Mar 1, 8, 15, 22 from 6:30p-9:00p
- Wed - May 10, 17, 24, 31 from 6:30p-9:00p
- Thurs - May 4, 11, 18, 25 from 10:30a-1:00p
- Wed - June 7, 14, 21, 28 from 3:30p-6:00p

### IN-PERSON CLASSES (1819 GULL ROAD)

- Wed - Feb 1, 8, 15, 22 from 6:30p-9:00p
- Thurs - Mar 2, 9, 16, 23 from 10:30am-1:00p
- Tues - Apr 4, 11, 18, 25 from 6:30p-9:00p
- Wed - Apr 5, 12, 19, 26 from 3:30p-6:00p
- Thurs - June 1, 8, 15, 22 from 6:30p-9:00p

**PLEASE NOTE:** All in-person classes will require a mask due to the safety of everyone. If you are unable to stay masked for the entire time, please sign up for a virtual class

# Bringing Up Baby

This free two (2) week class series is designed to help pregnant moms, parents and caregivers learn how to care for their new little one. Topics include: what to expect right after birth, sleep, bathing, infant communication, safety proofing, sick babies, car seats, and dental health. Bring all those difficult questions with you and a support person if you'd like

### VIRTUAL CLASSES:

- Wed - Jan 18 and 25 from 3:30p-6:00p
- Tues - Feb 7 and 14 from 10:30a-1:00p
- Mon - Feb 13 and 20 from 6:30p-9:00p
- Mon - Apr 3 and 10 from 6:30p-9:00p
- Tues - May 16 and 23 from 3:30p-6:00p
- Tues - June 6 and 13 from 6:30p-9:00p
- Thurs - June 15 and 22 from 10:30a-1:00p

### IN-PERSON CLASSES (1819 GULL ROAD)

- Thurs - Jan 12 and 19 from 6:30p-9:00p
- Tues - Mar 7 and 14 from 6:30p-9:00p
- Thurs - Mar 9 and 16 from 3:30p-6:00p
- Thurs - Apr 6 and 13 from 10:30a-1:00p
- Mon - May 1 and 8 from 6:30p-9:00p

**REGISTRATION IS REQUIRED TO ATTEND CLASSES**

Can't make a class? Call us to sign up for a one-on-one session(s). We offer individual classes for teen moms. Call us today to learn more or to register (269) 910-3015, juliedavis@ccdok.org. All classes are free to attend.

# Breastfeeding

Are you interested in breastfeeding? Come learn about what it entails. We will discuss what to expect the first few weeks and beyond, milk production, proper latch, pumping and other topics. These free, one-time classes are designed to provide you with the information you need to succeed. Support people are welcome to attend.

### VIRTUAL CLASSES:

- Tues - Jan 10 from 10:30a to 1:00p
- Mon - Jan 23 from 6:30p to 9:00p
- Thurs - Feb 2 from 3:30p-6:00p
- Monday Mar 20 from 6:30p-9:00p
- Tuesday May 23 from 10:30a-1:00p
- Tuesday May 30 from 6:30p-9:00p
- Tuesday June 27 from 3:30p-6:00p

### IN-PERSON CLASSES (1819 GULL ROAD)

- Thurs - Feb 9 from 6:30p-9:00p
- Tues - Mar 21 from 10:30a-1:00p
- Mon - Apr 17 from 3:30p-6:00p
- Thurs - Apr 20 from 6:30p-9:00p
- Mon - June 5 from 6:30p-9:00p

